



*Celebrating healthy aging and educating older adults*

## Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend!

Lesson 1 – Wednesday, April 13, 2022, 9 a.m. – noon

Lesson 2 – Wednesday, April 20, 2022, 9 a.m. – noon

Lesson 3 – Wednesday, April 27, 2022, 9 a.m. – noon

Lesson 4 – Wednesday, May 4, 2022, 9 a.m. – noon

Lesson 5 – Wednesday, May 11, 2022, 9 a.m. – noon

Lesson 6 – Wednesday, May 18, 2022, 9 a.m. – noon

Location: Warren County Library - Richard D. Gardner Branch

Address: 2 Shotwell Dr, Belvidere, NJ 07823

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

**Free refreshments and giveaways for participating in the program!**

To register, call us at **908-798-8096** or email [ifernandez@fgcwc.org](mailto:ifernandez@fgcwc.org)



**PREVENTION CONNECTIONS**  
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